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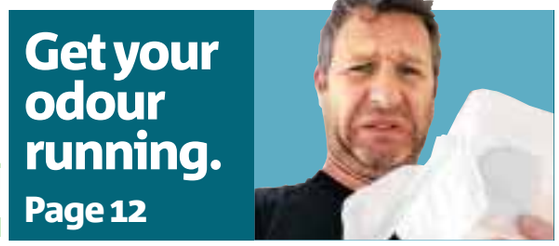

From left, Ichiban Japanese Steak House and Sushi Bar general manager Lawson Cherpako, head chef Kenny Tran, Lakeview Management Inc. director of food and beverage Chris Miller and Lakeview president and CEO Keith Levit stand in the restaurant's new Japanese pub section, designed to attract concertgoers and Jets fans on their way to MTS Centre. SHANE GIBSON/METRO

After 42 years, time for a reno

Business. Ichiban Japanese Steakhouse gets first facelift since opening in 1973

SHANE GIBSON
shane.gibson@metronews.ca

For the first time in more than 40 years, Ichiban Japanese Steakhouse has made some major changes.

Don't worry — the dazzling at-your-table Teppanyaki show is still with us — but the restaurant, a Winnipeg institution, has gone through a massive renovation, including a redesigned Japanese pub section with the hope of attracting a more casual diner looking for a quick bite and a beer (or Sake Bomb!) before heading to the MTS Centre.

"We've kept our traditional look but we've freshened it up and modernized it a bit with TVs, a very comfortable lounge area and some modern Japanese pub food," said Chris Miller, spokesman with Lakeview Management Inc., which has owned and operated Ichiban at 189 Carlton St. since it opened in 1973.

"A lot of people think of Ichiban as a two-hour experience and so we weren't getting (the MTS Centre) crowd."

As well as redesigning the restaurant's sushi bar section (sushi is still on the menu), Ichiban's chefs have also created new dishes to match the section's more casual feel and compete against the price-point of other restaurants and bars in the area.

"It's a fusion of traditional Japanese food and some of the more modern elements," general manager Lawson Cherpako explained of the dozen new menu items.

Menu

The new creations include a poutine drizzled in gravy made with their signature teriyaki sauce, Japanese corn dogs (a California roll battered in cornmeal) and sushi tacos.

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St. Boniface underpass triggers war of words

Development. MP Shelly Glover enters the fray, saying 'we need a completed application from the city' this time

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

"Woefully inadequate" is how Mayor Brian Bowman described four City of Winnipeg applications made to the Building Canada Fund before he was elected.

Bowman was responding on Friday to questions about a CJOB interview with Minister of Canadian Heritage and St. Boniface MP Shelly Glover that morning. During the interview, Glover said there's plenty of cash that the city could tap for infrastructure work through that fund.

Bowman told reporters that the four applications "weren't very thorough, to be kind." He said several steps are being taken, including council seminars and the addition of further information to the applications.

"I want to make informed decisions based on proper planning, not political decisions," Bowman said.

"When I saw the actual submissions, they were woefully inadequate. And so, beginning in November, I started working very quickly in having regular meetings both directly as well as through our staff with Minister Glover as well as with the province."

He added that they're trying to minimize "the politics of infrastructure."

MP Shelly Glover says she's been pushing for the St. Boniface underpass since 2013. THE CANADIAN PRESS

Quoted

"I want to make informed decisions based on proper planning, not political decisions."
Mayor Brian Bowman

Glover took a swipe at Coun. Matt Allard, saying she called him for a meeting.

"He's claiming he approached me? That's hogwash. I have been pushing this since 2013. I don't care what project it is," Glover told CJOB. "The city of Winnipeg deserves better. We need a completed application from the City of Winnipeg."

Allard said Glover has a "different interpretation of the facts" and that they met on Dec. 12, 2014 to discuss a whole host of topics, including the planned street upgrades/underpass for Marion at Archibald.

"At the end of the day, what we need is a commitment from our local MP that this project is going to get done. These infrastructure projects are multi-level funding agreements; there needs to be money from all three levels of government," said Allard.

St. Norbert

Anonymous letter dropped at daycare deemed 'blatant racism'

An anonymous letter about the racial makeup of the children and staff at a south Winnipeg daycare has left workers and parents concerned about safety and management beefing up security.

The letter was dropped off last Friday and again Monday at the St. Norbert Children's Centre in south Winnipeg.

It states that the facility should change its name to the "St. Nigeria Day Care" because it's "exclusively for Afro-Nigerian youngsters" and that management is "fully run by Afro-Nigerians."

It demands that the daycare not show prejudice and says if changes are not made, everyone in the St. Norbert suburb will receive a similar letter.

Avril Coutou, the centre's executive director, says the letter is offensive and she has notified parents of the daycare's demographics to prove that whoever wrote it is wrong.

Police say they're investigating but don't believe there's any threat of violence.

The centre says 12 Nigerian children attend the facility, along with 30 white children and many others from diverse backgrounds.

Naomi Nicholson, whose infant son attends the centre, says the letter has left her feeling angry.

"Blatant racism is going to make anyone's hair stand up. That's what this letter is. It's totally targeting people of a certain nationality — and a daycare."

THE CANADIAN PRESS

Courts. Crown to hold new trial for Winnipegger over death of schoolgirl

The Crown will hold a new trial for a Winnipeg man in the grisly killing of a teenage girl more than 30 years ago, Manitoba's prosecution service said Friday.

Mark Grant was convicted of the second-degree murder of Candace Derksen in 2011, but the Manitoba Court of Appeal overturned the conviction in 2013. The Supreme Court of Canada upheld that ruling earlier this month.

The higher courts said the trial judge erred in not allowing the defence to present evidence that pointed to another possible killer — an unidentified man involved in a similar attack while Grant was in custody.

Grant's lawyer, Saul Simmonds, said Friday he was disappointed the Crown is seeking a new trial.

Candace's body was found in a storage shed near her Winnipeg home six weeks after she disappeared. She had been tied up and left to freeze to death.

Quoted

"I have to admit, though, that I'm convinced (of Grant's guilt) ... I can't not be convinced."

Wilma Derksen, victim's mother

RCMP tested the twine used to bind the girl in 2001, but results were inconclusive. A private lab, Molecular World in Thunder Bay, Ont., tested the twine and hair again in 2007. It was after that test that Grant was charged.

Simmonds said that evidence would come under more questioning at a new trial.

Grant, who is now in his 50s, has a long criminal history. He has spent nearly half his life behind bars for 23 offences. He has repeatedly denied killing Candace.

THE CANADIAN PRESS

Beating death

Teens sentenced as adults, get life

Two Winnipeg teens have been handed adult sentences for a gang-related killing they committed when they were 15 years old.

Brendon Sinclair and Jordan Murdock, who are now 18, were sentenced to life in prison with no chance of parole for seven years. Sinclair and Murdock beat 48-year-old Joseph Lalonde to death in 2011 as he tried to protect his pregnant daughter.

THE CANADIAN PRESS

House fire

Dog a neighbour's best friend

A one-year-old puppy is being hailed as a hero after a fire broke out early Friday morning in the backyard of a Winnipeg home.

The miniature golden doodle named Luna woke up her owners Kevin and Paige Kozak just before 2 a.m. after the neighbour's house and deck caught fire. A husband and wife, and another dog and cat, were rescued.

THE CANADIAN PRESS

Mayor looks to the future in State of the City speech

City hall. Bowman lays out his vision to create a better city by the year 2045

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Mayor Brian Bowman used his State of the City address on Friday to say he plans to use his mandate to lay the groundwork for a vibrant Winnipeg in 2045.

His vision includes a "thriving" city of one million with low unemployment; a new financial deal with the provincial government that would eliminate the need for property taxes; and more people living in a downtown with all the amenities they require.

"All of this keeps us looking ahead and keeps Winnipeg moving forward in a way that supports our greater vision for the city," Bowman told a crowd of more than 1,100 at the Winnipeg Chamber of Commerce luncheon.

Chuck Davidson, president of the Manitoba Chambers of Commerce, said he was pleased to see that Bowman "clearly showed the direction he's looking to take the City of Winnipeg.

"It's a refreshing look forward and it's not necessarily about where we are now but about where he wants to get to. So, I think, over the course of his mandate, you're going to see how he intends to get us to that path," said Davidson.

Judy Richichi, director of corporate relations for Siloam Mission, said she appreciated Bowman's commitment to transparency in all of the issues Winnipeg faces, such as racism, poverty and homelessness.

"When you start talking about (these issues), then you can understand it, and when you understand it, then it makes a difference on how you handle it and how you succeed at changing it," she said.

"It's exciting to see someone who's visionary, who is excited about the change and who's willing to humble himself and say, 'You know what, we're not perfect, but let's figure out how to get there.'"

Mayor Brian Bowman gives his State of the City speech on Friday. The mayor said he wants to use his mandate to lay the groundwork for a "thriving" Winnipeg 30 years from now. BERNICE PONTANILLA/METRO

Measures for success

Mayor Brian Bowman announced five measures during his State of the City speech that will "create Winnipeg's successful future." They are:

1. A new participatory budget planning process that will start next month for the 2016 budget
2. The creation of the Mayor's Indigenous Advisory Circle chaired by Wab Kinew of the University of Winnipeg
3. The National Anti-Racism Summit to be held at the Canadian Museum for Human Rights in September
4. A small-business summit in partnership with the Winnipeg Chamber of Commerce in October
5. The appointment of former CAO Annitta Stenning, now president and CEO of CancerCare Manitoba, as the chair of the mayor's Build Winnipeg task force

Quebec. Bloc intends to hold intercultural independence gathering

Days after a Parti Québécois leadership hopeful's controversial comment on immigration, Bloc Québécois leader Mario Beaulieu has announced his party's intention to hold a large intercultural gathering for independence.

In an interview with The Canadian Press, Beaulieu explained the Bloc Québécois wants to show that a large number of immigrants are in favour of Quebec's independence.

Last week, Pierre Karl Peladeau said that immigration represented a threat to the sovereigntist movement. The PQ MNA and leadership candidate later apologized for his comments, saying they were inappropriate and did not reflect his true thinking.

Bloc Québécois Leader Mario Beaulieu THE CANADIAN PRESS

Without directly referring to Peladeau's remarks, Beaulieu said it was necessary to reach out to Quebecers of all origins to persuade them of the advantages of independence.

He said the national question was "the business of all Quebecers, without exception." THE CANADIAN PRESS

Middle East. Canada backs two-state solution: Harper

Prime Minister Stephen Harper has reiterated Canada's support for a two-state solution for Israelis and Palestinians during a phone call to newly re-elected Israeli Prime Minister Benjamin Netanyahu.

The statement from Harper's office on Sunday was more muted than statements made recently by U.S. President Barack Obama, French President Francois Hollande and UN Secretary General Ban Ki-moon.

It was the first time Harper and Netanyahu had spoken since Netanyahu secured a victory on Tuesday.

In the final days of the hotly contested campaign, Netanyahu said he would not support the creation of an independent Palestinian state. That position flew in the face of that traditionally taken by the U.S., Europe and Canada.

Quoted

"Only the creation of a viable and sovereign Palestinian state, living peacefully and securely side-by-side with Israel, can allow us to ensure peace and prosperity in the Middle East."

French foreign minister Laurent Fabius, talks about french President Francois Holland's position

"The Prime Minister reiterated Canada's long-standing position in favour of a two-state solution," wrote press secretary Carl Vallee. THE CANADIAN PRESS

Clayton Goodwin inhales medicinal marijuana through a vaporizer on March 20 in Ottawa. The cost of providing medical marijuana to the country's injured soldiers under a Veterans Affairs program jumped to more than $4.3 million this year, an increase of 10 times what was spent last year. ADRIAN WYLD/THE CANADIAN PRESS

$4.3M spent on medical pot for injured veterans

Health. Figures released by Veteran Affairs represent a dramatic escalation in costs, prescriptions

The cost of providing medical marijuana to the country's injured soldiers under a Veterans Affairs program jumped to more than $4.3 million this fiscal year, an increase of 10 times what was spent last year.

And the number of ex-soldiers eligible for taxpayer-funded, prescribed pot more than quadrupled to 601 patients, according to figures released by the department.

The numbers represent a dramatic escalation, even from last fall, when former veterans minister Julian Fantino was told in a briefing note that there were 224 approved cases.

At the beginning of the last budget year, there were 116 eligible veterans.

In 2013-14, the government spent $417,000 on medical marijuana for soldiers, said the briefing obtained under access-to-information legislation.

The jaw-dropping increases may represent a conundrum for Health Canada, which routinely warns against marijuana use, and the ruling Conservatives, who have ridiculed Liberal Leader Justin Trudeau's campaign for overall legalization of marijuana.

In a statement, a Veterans Affairs spokeswoman stood by the program, pointing to government documents explaining that even though the government does not want to see marijuana used as medicine, the courts have ordered patients to have access to it if prescribed.

"Marijuana for medical purposes is not an approved drug or medicine in Canada, and Health Canada does not endorse or promote the use of marijuana," said Janice Summerby.

"However, (Veterans Affairs) will support eligible veterans by reimbursing the cost of marijuana for medical purposes if their physician deems it is an appropriate treatment for the veteran's health condition and authorizes its use in accordance with Health Canada's regulations."

Throughout much of last year, there was a growing debate within the veterans department about how much would be covered by the program, introduced in 2008, and whether it should be capped or even cancelled outright.

Fantino, who has since been replaced by Erin O'Toole as minister, was presented with four different options, including dropping the policy but retaining existing clients or eliminating it altogether. THE CANADIAN PRESS

Voters blunt rise of France's National Front

Politics. Party known for its opposition to immigration, radical Islam and the EU

France's governing Socialists never expected to do well in Sunday's first-round elections, and their strategy worked just as planned: their conservative rivals took first place.

Before the elections for 2,000 local councils, the Socialists urged people to vote, hoping that turnout would blunt the rise of Marine Le Pen's far-right National Front, even if it meant Nicolas Sarkozy's conservative UMP would be the victor.

Initial projections gave the UMP party 31 per cent of the vote compared with 24.5 per cent for the National Front and 19.7 per cent for the Socialists and their allies. Turnout was 51 per cent, compared to about 45 per cent in 2011.

With little air of a man in third place, Prime Minister Manuel Valls was the first to praise the far-right party's defeat.

"This evening, the extreme right, even if it is too high, is not at the forefront of French politics," Valls said.

Le Pen was nowhere on the ballots herself, but her National Front is trying to build a grassroots army of local officials to buttress her presidential ambitions in 2017.

France's council elections are in two rounds, so victory Sunday determines which candidates can contest a second vote March 29. The Socialists are deeply unpopular after the government's failure to turn around France's economy. Both they and the UMP are torn by infighting, leaving the National Front something of an open field for the first round.

But both the Socialists and UMP, normally rivals, have issued dire warnings about the National Front, whose opposition to immigration, radical Islam and the European Union has helped transform the party from a pariah under Le Pen's father. THE ASSOCIATED PRESS

Hundreds attend funeral for woman beaten by Kabul mob

Afghan women's-rights activists carry the coffin of 27-year-old Farkhunda — an Afghan woman who was beaten to death by a mob — at her funeral in Kabul, Afghanistan, on Sunday. Hundreds of people gathered in northern Kabul for the funeral of Farkhunda, who like many Afghans is known by only one name. She was killed late Thursday by a mob of mostly men who beat her, set her body on fire and then threw it into the Kabul River, according to police accounts. Police are still investigating what prompted the mob assault. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

Venezuela. Bus accident kills at least 11 people

At least 11 people have been killed in Venezuela when a bus rolled into a ravine southwest of Caracas.

Another 36 people were injured in the crash, which occurred Sunday as the bus was travelling to visit a lagoon.

The bus driver was among the dead, according to statements released on Twitter by the National Police and a highway safety official.

The cause of the crash was under investigation.
THE ASSOCIATED PRESS

Central African Republic. Extremists attack villages

A group of heavily armed Muslim extremists attacked several villages in Central African Republic over the weekend, killing at least 11 people, a villager said Sunday.

Central African Republic has been rocked by sectarian violence since 2013. That year, mostly Muslim Seleka rebels seized power, and their brutal rule led to the rise of Christian militias that unleashed a wave of violence against Muslims. UN and French troops are now trying to stabilize the country.
THE ASSOCIATED PRESS

New Orleans

Airport attacker had Molotov cocktails: Sheriff

A machete-wielding attacker who died hours after being shot by a sheriff's deputy who stopped his rampage at New Orleans' international airport had a bag loaded with Molotov cocktails, authorities say.

Richard White, 63, had been shot Friday night as he chased an unarmed Transportation Security Administration agent through a concourse full of frightened travellers — and in the direction of a sheriff's deputy, who drew her gun and fired three times. White died Saturday afternoon.
THE ASSOCIATED PRESS

Tunisia

Forces pursue third attacker in museum assault

A third attacker in the deadly assault on the Bardo museum is on the run, Tunisia's president said Sunday, declaring his country at war with the extremists who killed 21 people at one of North Africa's most revered cultural institutions.

President Beji Caid Essebsi said the attack involved "three aggressors" and the third man escaped.

He was speaking live with French network iTele from inside the museum, its elaborate tile work visible behind him.
THE ASSOCIATED PRESS

Ebola

Liberians volunteer for vaccine trial

Liberians are overcoming their fears of Ebola to volunteer for a vaccine trial.

The gruesome toll of the Ebola outbreak, which has killed more than 4,200 Liberians of the more than 10,000 West Africans who have succumbed to the disease, has intensified efforts to find a vaccine for a disease that previously infected relatively few people in remote areas.

One year after the World Health Organization declared the Ebola outbreak, vaccine trials are underway in Liberia and Guinea. Sierra Leone will start a trial later this month.
THE ASSOCIATED PRESS

VOICES

BUGGING OUT

Malathion — the substance the city has been spraying copiously to deal with our mosquito problem — is probably as bad for our health as it sounds

INSIDE THE PERIMETER
Shannon VanRaes

Was anyone surprised when the World Health Organization released information last week indicating that mosquito-killing malathion is "probably carcinogenic to humans"?

Aside from having a name that sounds like a James Bond villain and leaving a metallic taste in your mouth that no amount of tooth-brushing can erase, the compound is also a neurotoxin that causes living things to fall from the sky.

Let's repeat that one — it's a poison and it makes living things drop dead.

Despite this seemingly ominous list of attributes, the City of Winnipeg has been spraying clouds of it skyward for years. But don't fret. If you're really worried about it, you can close your windows or even request a buffer zone. Because if there is one thing I know about neurotoxins, it's that they always stay within arbitrary boundaries set by municipal governments.

If only there was a historical case of a toxic, potentially carcinogenic pesticide once deemed safe that we could have referred to — a scientific bellwether that could have predicted malathion's fall from grace.

But wait, there is! Dichloro-diphenyl-trichloroethane, better known as DDT, was used to kill mosquitoes worldwide before the environmental costs of the pesticide were deemed to outweigh its benefits.

The 1948 Nobel Prize in Physiology or Medicine even went to Paul Müller "for his discovery of the high efficiency of DDT as a contact poison against several arthropods."

Turned out the accolades might have been premature. After years of mounting evidence that DDT was harming people and the environment, Canada banned it in 1972.

Now don't get me wrong here; mosquitoes are more than just a nuisance. Millions of people die each year from mosquito-borne diseases such as malaria, dengue and yellow fever. In Manitoba, hundreds of people have tested positive for West Nile Virus, nearly a dozen have died after contracting it and the disease has left some victims with a lasting and devastating neurological syndrome. But clearly our approach to dealing with mosquitoes, our environment and human health must be reconsidered.

As for the brewing debate on malathion, be prepared to hear people say things like, "It's safe if you follow guidelines" or "You'd have to drink it for that to happen" and "We need a science-based approach." City hall will undoubtedly have a difficult time balancing the demands of some with the concerns of others.

But as someone who believes the time for malathion has come to an end, I'm going to make what will likely be an unpopular suggestion. Perhaps instead of focusing on altering the entire ecosystem around us to prevent mosquito bites, we might want to think seriously about changing some of our own behaviours to lessen the need for massive chemical intervention.

While I don't believe Winnipeg should give up on the search for a safe method of large-scale mosquito control, people can greatly reduce the risk of mosquito bites by following some simple, common sense advice: dump standing water, use repellent and wear light-coloured long-sleeves and pants outdoors.

No one wants to see that tattoo you think says "love" anyways.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive mosqui – er, spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes

Your Winnipeg

Puddle-jumping at Kildonan Park

Winnipeggers took full advantage of the early spring this past week, including Luca Lillie, who sports splash pants and rubber boots as he and his family run through the big puddles near Rainbow Stage at Kildonan Park.

The forecast calls for a dusting of snow overnight, however, and more snow and rain over the next day or two. It will warm up by the weekend, Winnipeg! **RON CANTIVEROS/FOR METRO**

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Upcoming

We're keeping our fingers crossed for the Jets.
THE CANADIAN PRESS

Playoffs for the Jets? Take your bets

Will they or won't they?

The Winnipeg Jets are now on a four-game winning streak after a heart-stopping shootout Thursday and then an unbelievable shutout over the weekend. So will they make the playoffs?

We don't want to jinx it, so we're going to refrain from making any predictions. However, plenty of other organizations have, and they all say yes.

We're currently sitting pretty in the middle of the pack with 86 points, but the rest of the season reads like what the playoffs will be like — up against teams stronger and higher-scoring than the Jets.

Not that this stopped us the past two games, with wins against the St. Louis Blues and the Washington Capitals. But this week we face the Oilers, the Canucks and on Thursday it's the Jets versus the Canadiens at MTS Centre.

The Jets have their work cut out for them. But no one expected them to get this far, Ondrej Pavelec is on fire and, frankly, it's time to watch some playoff hockey in this town for the first time in nearly 20 years. **METRO**

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Introducing the 'smelfie'

Kim Kardashian's famous #belfie. INSTAGRAM/KIMKARDASHIAN

Adam Hill started the "smelfie" trend. TWITTER/@ADAMHILLSCOMEDY

A cute #felfie, or the selfie with a farm animal. INSTAGRAM/ELLIEB2781

The #delfie, or selfie with a dog, may be the most adorable of them all. INSTAGRAM/CARLEYFORTUNE

Culture. The popularity of the selfie has spawned a seemingly endless variety of wacky offshoots

DEBORAH HERNANDEZ
Metro in Toronto

Confused about all of the selfies showing men holding soiled diapers on Twitter lately?

The "smelfie" is a new breed of selfie that started when Adam Hill, an Australian comedian and father, tweeted a photo of himself making a sour face while holding up his daughter's soiled diaper and hashtagged it #smelfie.

But, why is social media so obsessed with selfies (and its other popular variations)?

Marcel Danesi, a professor of anthropology at the University of Toronto, says it's because selfies allow people to share their experiences and their true "self" with the world.

"We have this need to assert ourselves," Danesi says, "and technology gives us a chance to do this much more regularly and spread it broadly."

The need to share one's thoughts, opinions and photos isn't anything new, but is the ever-growing trend of selfie sharing a sign that society has become too narcissistic?

"Narcissism has existed since the ancient world," Danesi explains.

"Selfies allow an expression of this by the individual. There's no need to go to a portrait painter or professional photographer anymore."

These days, many social media users post photos of themselves in the most mundane situations, such as #postworkoutselfie or #iwokeuplikedis, which Danesi says is because everyone believes — or wants to believe — that people care about who we are.

"It's a way of making your mark in the world," he adds.

It could be our way of saying, "look at my world. Look at my situation and try to understand what I'm going through."

Navigate the crazy world of selfies

The belfie

According to Vogue, we're in the era of the big booty and the number of people posting belfies (selfies of butts) seems to have proven this right.

There's even a "belfie stick," a bendable, titanium steel stick that allows users to take pictures of their behinds that you can purchase for $79.99.

But, if you're in the market for one, you'll have to wait a bit longer since the 'Belfie Stick' is currently out of stock.

The #postworkoutselfie

Show off your body and healthy lifestyle to the world with this type of selfie. The #postworkoutselfie often includes gym mirrors and bodies encased in tight workout clothes, glistening with sweat.

The #iwokeuplikedis/ #nomakeupselfie

In her song Flawless, Beyoncé sings, "I woke up like dis" about a dozen times, generating a selfie trend where people now post what they look like after just waking up.

Often users share photos of themselves looking far too flawless to be believed or hilariously honest with major bed-head.

The #pelfie / #delfie / #felfie

Possibly the most adorable selfie of all, the #pelfie is a selfie with a pet. It's cousins are the #delfie (selfie with a dog) and the felfie (selfie with a farm animal).

The #cryingselfie

Crying selfies break away from the mould by showing people in some of their most unhappy moments and although some people find these photos inappropriate and uncomfortable to look at, posting them might be cathartic for some users.

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

What a Croc! Joke apology issued over joke

Eva Mendes came under fire last week for joking that sweatpants are the "No. 1 cause of divorce in America," because obviously we've exhausted all other topics over which to get outraged. To quell the public indignation, Mendes and partner Ryan Gosling struck out on social media to assure all of their commitment to dressing for comfort, not style. First, Mendes posted an ode to her "favourite pair of sweatpants" on Instagram, apologizing for forsaking them.

"Dear favourite pair of sweatpants. I was just kidding when I said you're the #1 cause of divorce.

Everyone knows that orange Crocs are the No. 1 cause of divorce. Either way it was a bad joke and feel terrible if you or anyone thought I was serious. Thanks for understanding sweatpants. Sorry orange Crocs."

Then Gosling chimed in himself with some well-earned wisdom for others about how to live in polite society.

"Word to the wise. Don't joke about sweatpants or North Korea. Real hot button issues. Trust me," he tweeted.

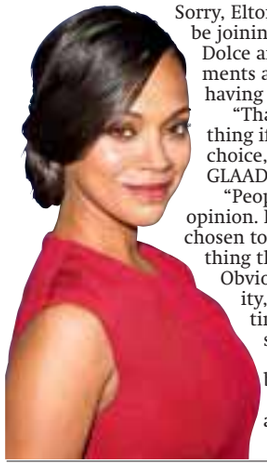
"Obviously sweatpants thing was a joke. Wearing them now. That's right, tweeting in sweatpants. Rats! Said too much! You win again Twitter."

Personally, I'd wager that a lack of a sense of humour is the bigger threat to happiness, so lighten up, everybody.

Eva Mendes ALL PHOTOS GETTY IMAGES

Ryan Gosling

Saldana not up for a D & G boycott



Sorry, Elton John, Zoe Saldana will not be joining your boycott of designers Dolce and Gabbana over their comments about gay and lesbian parents having "synthetic" children.

"That would be the stupidest thing if it affected my fashion choice," she tells E News at the GLAAD Media Awards this weekend.

"People are allowed to their own opinion. However, I wouldn't have chosen to be so public about something that's such a personal thing. Obviously it caused some sensitivity, but then again, if you continue to follow the news, you see they all kind of hugged it out, so why are we making a big deal about it?"

I … don't really have an answer for that, ma'am.

Jenner said to be reaching for the Stars

Speculation about Bruce Jenner announcing he's transitioning to a woman has swiftly shifted from a matter of if to a matter of when, and now it looks like it might be more about how high-profile he can go with it. And how high profile can he go with it?

Dancing with the Stars high, according to Life & Style. Jenner "wants his public debut to be very big, and there is no better platform than going on Dancing with the Stars, a source says. "Bruce has been in talks to appear on the current season, but the timing didn't work out."

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LIFE 3

Smart saving for your future

Money management. Getting serious about saving means choosing investments that are right for you

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Saving is a lost art. You'd think that with all the yada-yada about how important it is to save, what a big deal RRSPs and TFSAs are, and the scant resources we'll have if we count on the government, that we'd all be squirrelling away money for the future at a wicked pace. We're not.

So much of the blah blah blah about building up a stash of cash for the future centres on the next big investment that will get you to where you want to be. If it's really so easy to be a successful investor, why aren't there more of 'em?

If what's stopping you from saving is the sense of "I don't know what to do with the money once I've saved it," I can reassure you that deciding what to invest in isn't as hard as you might think. Forget about analytics and market timing, forget about what was hot last year. You're going to focus on these three things:

Define savings

If you're sticking money away for a vacation, for gifts, for car insurance, that's not savings; it's planned spending

It may be time to update that piggy-bank savings strategy. ISTOCK

•When you'll need the money.

•How willing you are to lose money because investments can take a dive.

•How knowledgeable you are about investing.

If you won't need the money for 10 years or more, the world in your oyster. You can buy just about everything going.

If you're willing to take chances — you win some, you lose some — then you have to figure out how much 'lose some' you can stand. All of it: you're a risk taker; none of it: stick with sure and steady. If you can't explain what you're thinking of buying to a 12-year-old, you can't buy it.

But that doesn't mean you can't be an investor. Everyone can be an investor. Earning even a sad .25 per cent on your savings account makes you an investor, albeit a lazy one. And if you have a stomach for more risk, learn about indexed investing and get busy.

Investing isn't the biggest barrier to building up a nest egg. People often misunderstand what "saving" is. Saving is "not spending money" and if you want to have "savings" you have to take the money you didn't spend and put it somewhere to accumulate for the future. If you're sticking money away for a vacation, for gifts, for car insurance, that's not savings; it's "planned spending."

It's smart to accumulate money for big spends right along with your day-to-day needs, but it's not savings. Unless it's going into an emergency fund, a long-term savings — think retirement or school — it's not "savings."

Saving a measly four per cent of your income isn't going to get you to where you want to be. With 35 years or less to your retirement date, you need to be socking away 10 per cent. With 25 years or less, if you haven't saved any money, you need to be squirrelling away 18 per cent of your income.

Money is an exhaustible resource. It runs out. If you want to have some for later, you've got to avoid spending some now. Begin developing the saving habit and you're heading in the right direction. Momentum will carry you along.

Ultimately, how much you save and how long you save are just as important as what you do with those savings.

Slow and steady savings

If you don't leave yourself enough time for your money to do some of the heavy lifting — I'm talking compounding here — you're doing yourself a huge disservice. Start saving in your 20s and your money will grow, grow, grow.

- Assume you make $45,000 a year, save 10 per cent, a month, and earn 3 per cent return on your money on average, and don't have to pay tax on the income (you've put the money in a TFSA or RRSP):
- Start at 25 and by retirement, (assuming it's at age 65) you'll have $357,441, $172,941 of which came from interest.
- Start at 35 and you'll have $226,594, $87,094 of which came from interest.
- Start at 45 and you'll have $129,623, $35,123 of which came from interest.

Soba so good as versatile noodle salad

Asian Soba Noodle Salad. Coconut milk and peanut-dressed veggies and noodles make a colourful starter or main

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Ingredients

Salad
- 8 oz thin soba noodles
- 1 1/2 cups finely chopped snow peas
- 1 1/2 cups finely chopped red bell pepper
- 1/2 cup finely chopped green onion
- 1/3 cup chopped cilantro or parsley
- 1/4 cup chopped peanuts

Dressing
- 1/2 cup light coconut milk
- 3 tbsp natural peanut butter
- 2 tbsp low-sodium soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp toasted sesame seeds
- 2 tsp minced fresh garlic
- 2 tbsp brown sugar
- 1 tsp minced fresh ginger
- 1 tsp hot chili sauce, or to taste

Soba noodles are Japanese noodles made of buckwheat and wheat flour. They are perfect to use in either hot or cold pasta dishes and don't soak up the sauce as quickly as regular pasta. Combine them with a coconut-peanut dressing and a variety of vegetables to make this great appetizer or main course.

Always purchase natural peanut butter, which has nothing but nuts. Processed peanut butter contains icing sugar and can be hydrogenated. Almond butter is also a great substitute.

Directions

Salad

1. Bring a large saucepan of water to a boil and cook the noodles for 3 to 5 minutes or until tender. Drain. Rinse under cold running water and drain again.

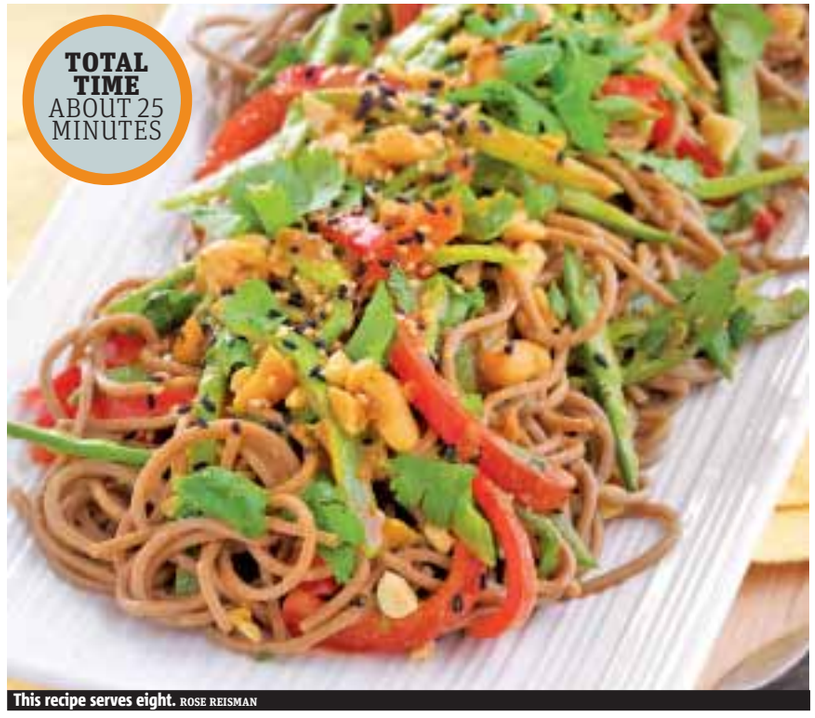
2. Combine the noodles, snow peas, red pepper, green onion, cilantro and peanuts in a large serving bowl.

Dressing

1. To make the dressing: Combine the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, sesame seeds, garlic, brown sugar, ginger and chili sauce in a bowl or a small food processor.

2. Whisk or process the mixture until smooth.Pour the dressing over the vegetable-noodle mixture and toss to coat.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN



This recipe serves eight. ROSE REISMAN

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Advice

I've been the coffee mule at work too long

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Whenever I leave for a coffee break, one of my colleagues asks me to get her a complicated espresso drink. While I'm happy to pick up the occasional latte, it's becoming a regular request. Sometimes she doesn't even pay me back! It seems rude to say no — but I don't like feeling like her assistant when we work at the same level. How can I get out of bean duty without appearing impolite?
— Not Your Daily Grind

Dear NYDG,
There's a reason your co-worker has started treating you like her personal cappu-courier: You're letting her. When friendly deeds go unreturned, it's time to filter your favours. Evasion is an option. Before she places her order, quietly duck out. Your single Americano will send the message that you're now buying coffee for one.

Can't dodge her demands? Try splitting the labour. Say you're super busy, and suggest you swap spots: For the next week, she grabs the java while you stick to your desk. If she agrees, your days as caffeine mule are done. If she says no, you have licence to dismiss all future errands.

Sporadic coffee runs are a nice gesture. But when you regularly allow colleagues to exploit your generosity, you set a dangerous precedent. Put a lid on your pushover tendencies before they spill into other areas of your work.

Dear Metro,
A new guy just started at my office in the same position as me. It's only been a few weeks, but he's already outshining everyone in our department. My boss keeps praising his work and my colleagues all want to be his best friend. I have to admit I feel very threatened by his instant popularity. Is there any way I can hold my own against this new superstar?
— Skulking in the Shadows

Dear SITS,
To maintain your own value, quit fixating on somebody else. Not only will your anxieties seem petty, they will also distract you from your job — which will only make new guy gleam brighter.

Instead of getting outshone, bask in your new colleague's glow. Get to know his work style, and establish yourself as a reliable day-to-day ally. In the short term, you'll seem like a team player with good taste in friends. But this is also a great long-game strategy: should new guy's star rise, he'll pull you up with him.

Not that you need his support. New guy may be shiny and fresh, but your role is more entrenched. Rather than fussing over a co-worker's flashy performance, worry about honing your own. Then new guy will be intimidated by you.

Fake It Till You Make It (without huge mistakes)

When starting a new job. Follow this checklist to ensure you nail your role by listening, dressing and interacting in the best ways possible

LAUREN MARINIGH
talentegg.ca

Master the meeting and earn your colleagues' respect and trust. ISTOCK

Everyone has heard the saying, "fake it till you make it" — but how do you put those words into action when starting a new job?

Giving off a winning impression is key to driving success in your professional life. However, it can be challenging to do that when you're trying to figure out your new role, on top of adjusting to a new work environment and new teammates. It's easy to say "take risks," but making unnecessary mistakes can have consequences.

So how do you establish your competence? Read on and find out!

Master the meeting
It can be difficult to give off an aura of confidence when introducing yourself, especially when you are out of your comfort zone. Whether you're talking to a colleague or a client, you need to make sure that they know you have your role under control.

Start introductions with a smile and firm handshake. Stand up tall, make eye contact, and speak with confidence. Don't let your nerves take the best of you — and most importantly, never make any promises or state any facts that you don't know for sure. The best way to handle these situations is to let them know that you will double check for them with a colleague, and follow up with them in a timely manner.

Dress the part
Dress as if you have a meeting with a CEO, even if you're just heading in for a routine workday. Pick out your favourite blazer, your favourite tie, and accessorize like you're going to a big business event.

Dressing professionally can help boost your inner confidence and set a tone with others around you. Think about it — are you more likely to trust the advice of someone in jeans and running shoes, or someone dressed like they just came back from a board meeting? Take a look at what senior people are wearing within your company, and mimic their style — as they say, "dress for the part you want, not for the part you have!"

Listen carefully
Spend your first few weeks soaking up information. The more you listen, the more you will get a sense of the company and your role, which in turn will allow you to feel more comfortable and confident going forward. Not to mention that it will show you genuinely want to learn before doing.

When you talk, select moments where you can contribute something solid to the conversation or meeting. Don't just talk for the sake of talking — people who talk without thinking are less likely to have credibility among their peers.

The bottom line is: Be confident!
Confidence is key — after all, people are unlikely to believe in your skills if you don't show you believe in them as well. Be sure your confidence is genuine and humble.

It's very easy to cross that fine line into "arrogance", which will likely turn off your co-workers. Remember, just because you want to appear capable doesn't mean you can't ask for clarification. You never want your confidence to override the need to learn and grow professionally or personally.

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Playing your way back to good health

Rehab video game. Romanian software developer hopes to turn a painful process into enjoyable activity played on your Xbox

Software engineer and TED Fellow Cosmin Mihaiu shows off a MIRA Rehab game designed to make typically tedious physical rehabilitation exercises fun. AFP PHOTO/GLENN CHAPMAN

A broken arm as a boy led Cosmin Mihaiu and some inventive colleagues to turn tedious physical rehabilitation exercises into a game that they hope can make it easier for people to recover from injuries.

The Romania-born software engineer demonstrated the game last week at the prestigious TED Conference in Vancouver, showing how it can be played on the motion-sensing video game platform Kinect for Micosoft's Xbox.

"We need to come up with solutions to get patients motivated to get better," Mihaiu told AFP. "No one likes treatment, but if we can make it in a way where people don't think it is cumbersome they will get better faster and save costs."

Mihaiu and colleagues devised the software application to work with physical therapists to customize motion-control games to reward patients for doing prescribed movements. The system, which is called MIRA (Medical Interactive Recovery Assistant), is currently designed for play offline in clinics. Its makers plan to create an online version that people could use at home, with performance data shared with therapists. "We don't want to replace the physical therapists," Mihaiu said.

"We want to develop a digital pill that can be prescribed to help the patient get better."

MIRA is being tried in clinics in Britain and Romania, with an annual subscription price of several thousand dollars, Mihaiu said. He added that there is a large market in the rehabilitation industry because unlike consumer-focused fitness games, medical games come with endorsement and followup by doctors, nurses or therapists. AFP

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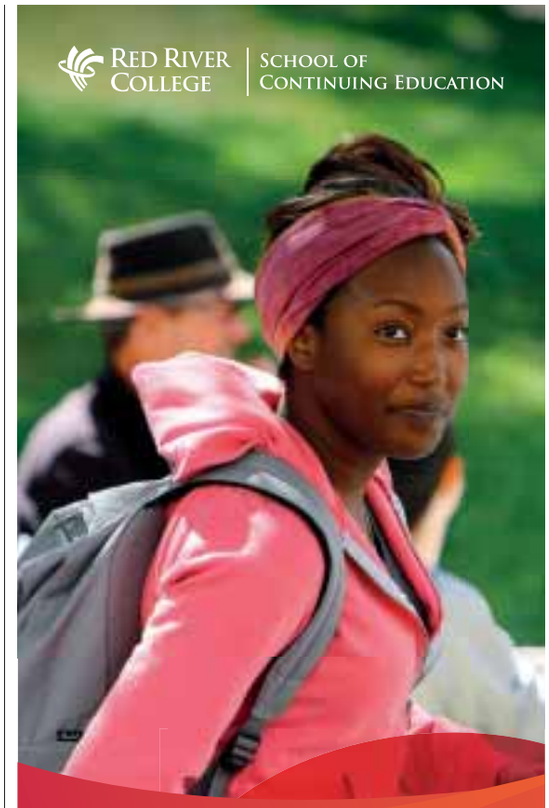

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SPORTS 4

Jones' Winnipeg rink misses gold

World Cup curling. Canadian rink takes silver, earning sixth medal straight with no gold

Jennifer Jones kept Canada's medal streak alive at the women's world curling championship, but she wasn't able to end the country's gold-medal drought.

The Winnipeg skip lost 5-3 to Switzerland's Alina Patz in Sunday's championship game, a loss that also ended her bid to become the first reigning Olympic champion to win Canadian and world titles the following season.

Jones, third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen dug themselves a hole early, unable to put any points on the board until the seventh end and spotting Patz a 4-0 lead.

"I wish we could start the game over again, but that's just not the way the game goes," said Jones. "We left it all on the ice, and I couldn't really ask for ourselves to do anything more than that. We did push them, and I'm proud of the girls for that."

It's the sixth straight year a Canadian team has reached the podium at the tournament, a streak that no other country can currently match. But gold has been elusive with Jones being the last Canadian champion in 2008.

Despite the slow start, Jones was poised for a comeback in the 10th end as Patz was facing four Canadian counters when she drew to the button with her final shot.

"We made her make a good shot for the win," said Jones. "We kind of spotted them four points that I'd like back, but we hung in there and made a good game of it. All the power to them — she made a great draw to the button to win the world championship."

After a blanked first, Patz had a rare miss in the second when she was heavy on a draw to the four-foot for two and had to settle for a single.

But Jones returned the favour in the third when she was wide with her last-rock takeout, resulting in a roll-out and a stolen point for Switzerland.

The Canadians would blank the next two ends and then went hard for the deuce in the sixth. But Lawes was light and tight with a come-around attempt and the Swiss were able to put two rocks into the top four. Jones elected to draw the four-foot and was heavy, resulting in a stolen deuce for Switzerland.

Canada would finally hit the scoreboard with two in the seventh end, and then would pull off a steal in the ninth to cut the margin to one. But it wasn't enough as Patz secured Switzerland's third gold in four years.

THE CANADIAN PRESS

Canada's Jennifer Jones yells as the team plays Switzerland during the second end of the final match in the women's World Curling Championships in Sapporo, northern Japan, Sunday.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Quoted

"I wish we could start the game over again, but that's just not the way the game goes,"

Canadian world curling skip Jennifer Jones' rink had a rough start against Switzerland in the championship match.

Golf

Every makes it two in a row at Palmer Invitational

Matt Every won the Arnold Palmer Invitational for the second straight year, making an 18-foot birdie putt on the 18th hole at Bay Hill to beat Henrik Stenson and earn trip to the Masters. He rallied from a four-shot deficit last year and came from three shots behind Sunday with a 6-under 66.

THE ASSOCIATED PRESS

NHL

Richards rejoins defending champs

The Los Angeles Kings recalled Mike Richards from their AHL affiliate on Sunday, two months after the $69-million centre's high-profile demotion.

The defending Stanley Cup champions added the veteran before opening a five-game road trip. The Kings visits the New Jersey Devils on Monday night.

THE ASSOCIATED PRESS

Premier League

Gerrard seeing red in Liverpool's loss to Man United

Steven Gerrard was sent off less than a minute after coming on as Manchester United beat Liverpool 2-1 Sunday in the Premier League with two goals from Juan Mata.

The 34-year-old Gerrard got a straight red card for stamping on Ander Herrera after replacing Adam Lallana at the start of the second half. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Make sure you know what you are talking about because if you make things up you are sure to be found out.

♉ Taurus
April 21 - May 21
There seems to be a lot of self doubt in your mind, which is not like you. Prove you have what it takes by taking the sort of risk you would usually avoid — and be a star.

♊ Gemini
May 22 - June 21
You will find it hard to hide your emotions. Even if you keep your mouth shut your body language will give you away. That's good. Let others know you have feelings, too.

♋ Cancer
June 22 - July 23
Try not to be too aggressive even if you think it is justified, especially in money-related matters. Don't upset people whose support you may need in the near future.

♌ Leo
July 24 - Aug. 23
Go above and beyond the call of duty. Your efforts will be rewarded in the long-term and you will feel good about yourself right now.

♍ Virgo
Aug. 24 - Sept. 23
You may feel trapped by certain obligations, but now you must keep them. If you don't, your reputation could suffer damage it takes many months to repair.

♎ Libra
Sept. 24 - Oct. 23
Your head may be full of big ideas but this is not a good time to push too hard. You will achieve more in the long term if you go with the flow.

♏ Scorpio
Oct. 24 - Nov. 22
Everyone seems to know what is best for you. And everyone is wrong. Only you can decide on your next move. Make it a bold one.

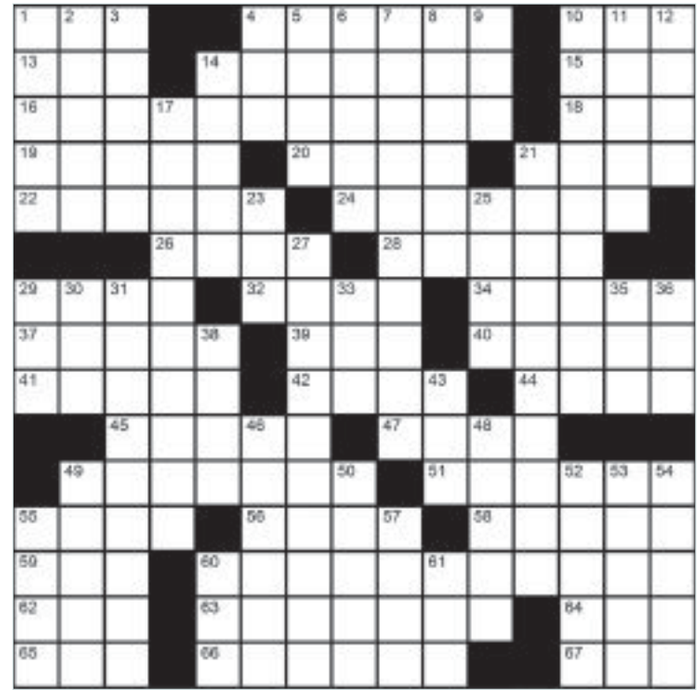
♐ Sagittarius
Nov. 23 - Dec. 21
Something you say may hurt a friend's feelings but don't worry about it because they are not as weak as they like to make out. Call it as you see it.

♑ Capricorn
Dec. 22 - Jan. 20
You like to prove yourself but don't upset people in positions of authority over the next 24 hours — the results could be painful.

♒ Aquarius
Jan. 21 - Feb. 19
You may be adventurous by nature but try not to expose yourself to situations that could become difficult, or even dangerous.

♓ Pisces
Feb. 20 - March 20
The universe wants you to throw caution to the wind and do something that takes everyone by surprise. Sometimes others doubt you will ever be dynamic enough to succeed — but you're about to prove them wrong.

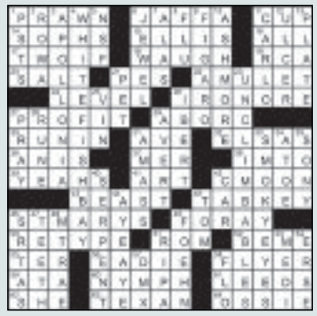
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Internet hookup letters
4. Wild canine
10. 'Most Wanted' org.
13. "Take __, _ insist."
14. Paul __, The Poseidon Adventure novelist
15. Permit
16. NCC = Nature __ of Canada
18. Unwell
19. Too snug
20. Military assistant
21. Recount
22. Skedaddles
24. Pierre Trudeau would stylishly wear one in his lapel: 2 wds.
26. Observer
28. Raises
29. Ladder step
32. Pulls the car
34. Young salmon
37. "We're on _ __ to nowhere." — Talking Heads
39. Texter's giggle
40. Ms. Hunt
41. Verdi opera, La __ del destino
42. Some jeans
44. Ouis opposites
45. Sad tune
47. Mon., on Tues.
49. Acknowledge, perhaps after being in denial
51. Reaches a baseball base this way
55. Guzzle
56. Many
58. Not suitable
59. Deceive
60. CSA = Canadian __ __
62. Egos and __
63. Restraints
64. North or South country [abbr.]
65. Furry friend
66. Like a product with a big red tag: 2 wds.
67. 'Ear'-meaning prefix

Down
1. Word meanings bks.
2. Unflappable
3. Jargon
4. Pickles holder
5. Thomas Edison's middle name
6. Debussy's "__ de Lune"
7. Saskatchewan town southwest of Saskatoon
8. Acquiesce
9. Actress Myrna
10. Embarks on a journey, Amelia Earhart style: 2 wds.
11. "Beauty and the Beast" (1991) character
12. "__ cost you!"
14. Estelle of "The Golden Girls"
17. Music sub genre of Alt-Rock named for floor starers
21. Cape __ (New Brunswick community on the Northumberland Strait)
23. Going-together collection
25. Skin irritation
27. Products by Canadian baking brand Robin Hood: 2 wds.
29. U.K. mil. service
30. Tail-meaning prefix
31. Yellowknife's locale, en francais: Les Territoires du __-__
33. Misery
35. Canadian actor Mr. Cariou
36. Belonging to Nashville's li'l state
38. Jeanne _'__
43. Parisian possessive
46. Type of BIC writing implement: 2 wds.
48. Garden gastropods
49. Reprimand
50. ___ Sketch
52. Canadian musician, Rick __
53. Disney World attraction in Florida
54. Prefix to 'foam'
55. Movie extract
57. Cover the falcon's eyes
60. Pou __ (Vantage point)
61. All bets __ off

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	9	3	7	5	6	1	8	4
4	8	6	9	1	3	7	2	5
7	1	5	8	2	4	6	9	3
1	2	7	6	4	5	9	3	8
5	3	8	2	9	1	4	7	6
6	4	9	3	8	7	5	1	2
9	6	4	1	3	2	8	5	7
8	5	2	4	7	9	3	6	1
3	7	1	5	6	8	2	4	9

	4		7		8		5	
3				4				8
	7						3	
		6	2		9	4		
	2	4				5	6	
		7	4		3	2		
	5						1	
8				1				9
	1		3		2		7	

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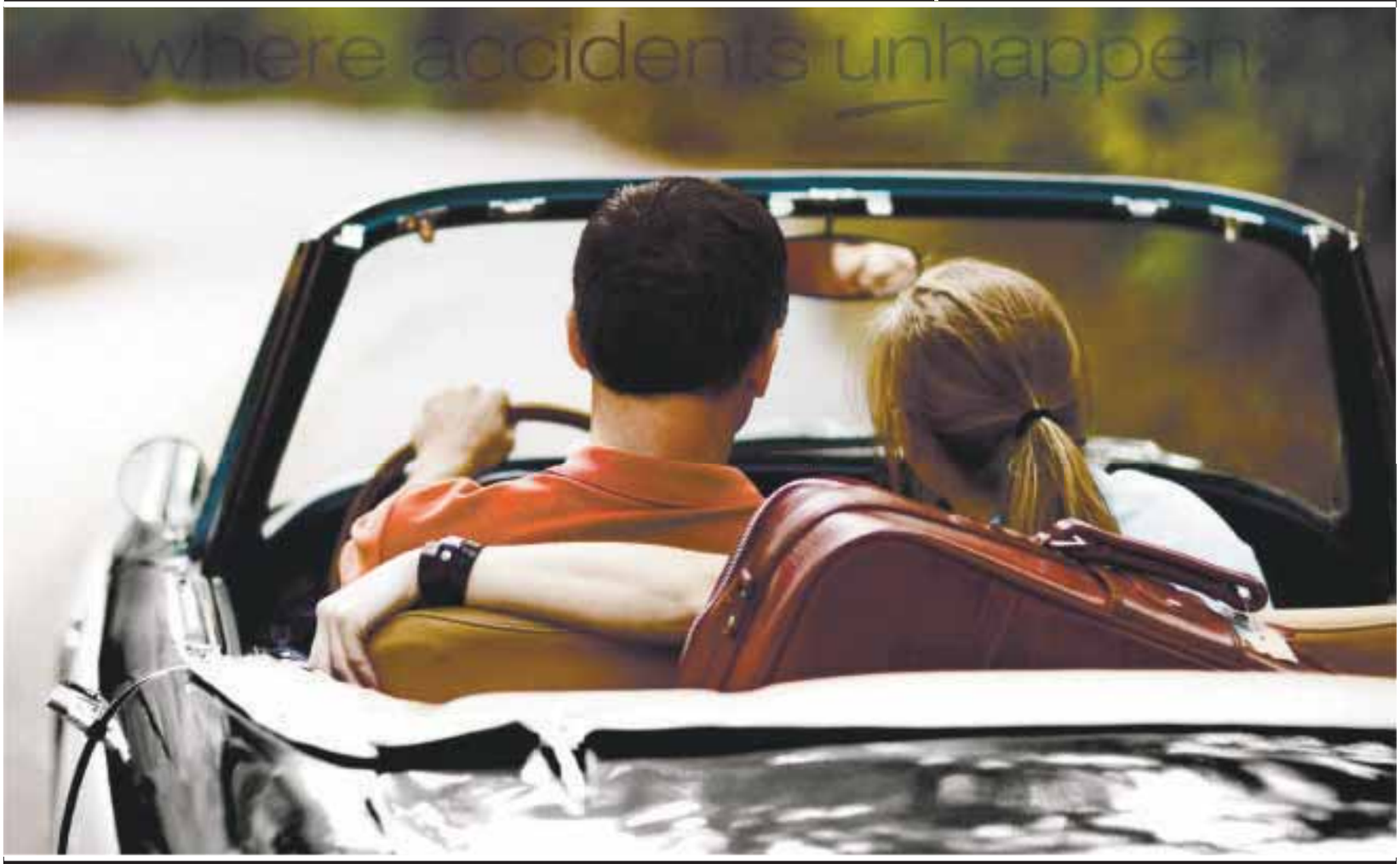

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